

## Abuse of Over-The-Counter (OTC) Cough and Cold Remedies

DXM is the active ingredient found in over-the-counter cough and cold medications. With the consumption of excessive amounts of liquid or gel caps, DXM can cause effects similar to those of PCP and ketamine: impaired motor function, numbness, nausea/vomiting, increased heart rate and blood pressure.  
Street names: Robotripping, Skittling

Prescription painkillers are new drug users' **drug of choice**, over marijuana or cocaine.

Today, **2,500** youth will abuse a pain reliever for the first time

★ Pharmaceutical drug abuse has been an **exponentially rising concern** over the past 10 years, especially in our adolescent populations. The youth are finding new ways to use prescription and over-the-counter drugs as avenues to get **"high"**.

★ These 7 million abusers were just 3.8 million in 2000, an **80% increase** in just six years.

★ Nearly **1 in 10** high school seniors admits to abusing prescription painkillers.

★ Approximately 40 percent of teens and an almost equal number of their parents **falsely believe** abusing prescription painkillers is safer than abusing "street" drugs."

**13**  
The mean age of the first non-prescribed use of sedatives and stimulants

# Prescription Drug Abuse



## INFORMATIONAL GUIDE

"Nearly **7 million Americans** are abusing prescription drugs—more than the number who are abusing cocaine, heroin, hallucinogens, Ecstasy, and inhalants, **combined.**"



Opioid painkillers now cause more **drug overdose deaths** than cocaine and heroin combined.

Most commonly abused prescription drugs:

## 1. PAIN RELIEVERS/ OPIOIDS

HYDROCODONE, OXYCODONE, MORPHINE,  
FENTANYL, CODEINE

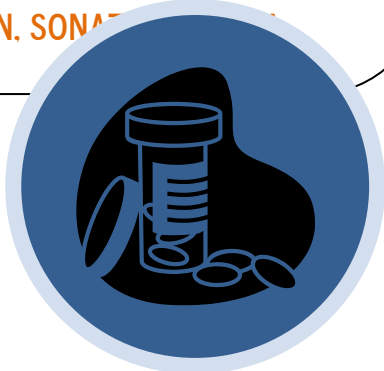
**VICODIN, OXYCONTIN**

## 2. STIMULANTS

AMPHETAMINES, METHYLPHENIDATE  
**ADDERALL, DEXEDRINE, CONCERTA,  
RITALIN**

## 3. CNS DEPRESSANTS

BARBITURATES, BENZODIAZEPINES, SLEEP  
MEDICATIONS  
**MEBARAL, NEMBUTAL, VALIUM, XANAX,  
AMBIEN, SONATA**



Approximately **70%** of children who abuse prescription drugs get them from friends or family. Prevention starts in your home with the proper storage and disposal of your medications.



✦ Safeguard all drugs at home. Keep an inventory of, as well as **control access** to, all prescription and OTC medications. Ask friends and family to do the same, especially grandma and grandpa.

✦ Look for local **take-back programs** that properly dispose of your expired and unused medications. Do not flush medications down the toilet.

✦ **Educate** yourself. Educate your children. Educate your community.

## THE DANGERS OF PRESCRIPTION DRUG ABUSE

### OxyContin/Vicodin: painkillers

- High risk of OD/DEATH
- Addiction
- Respiratory Depression
- Drowsiness
- Constipation
- Should not be used in combination with other substances

### Xanax/Valium: CNS depressants

- Addiction/withdrawal
- Overdose
- Death
- Severe breathing problems
- Higher risk when combined with other medications or alcohol

### Adderall/Ritalin: stimulants

- Addiction/withdrawal
- Dangerously high body temperature
- Seizures
- Cardiovascular complications

For more prescription drug abuse information visit:

\*U.S. Drug Enforcement Administration (DEA) Fact Sheet: Prescription Drug Abuse - a DEA Focus

\*SAMHSA, 2008 National Survey on Drug Use and Health, September 2009

\*National Institute on Drug Use (NIDA) InfoFacts: Prescription and Over-the-Counter Medications